

CLAIM.

- 125 1. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscles characterized to have a moveable
bench which allows the athlete to do exercises with the back-rest in
a horizontal position for stretching and pectoral crosses, a slanted
position for pectoral crosses and an up-right position for deltoids
130 and stretching with dumb-bells for triceps – equipped with an assist
mobile system of arms (servomechanisms) used to hold the weights
(bars and dumb-bells) that with a mechanicals, hydraulics, electrics
or pneumatics commands activables through rods, pedals, switches or
push buttons, allows the athlete to pick up and use the weights
135 without changing position of the exercise, a way of limiting efforts
which often at the end of an exercise when an athlete is tired can
cause inflammation and personal injury, not to mention
psychological stress due to muscle strain.
- 140 2. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscles, as claimed in claim 1, characterized
to being equipped with an assist mobile system of arms
(servomechanisms), that can be positioned near the athlete in the
required position allowing the exercise to be carried out correctly.
- 145 3. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscles, as claimed in claim 1, characterized
to having mobile arms that can be operated through a pneumatic air
compressed system commanded from push buttons.

4. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in claim 1, characterized
150 to having mobile arms that can be operated through a mechanical system of levers and pulleys commanded from pedals.
5. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in claim 1, characterized
155 to having mobile arms that can be operated through an electromechanical system commanded from switches.
6. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in claim 1, characterized
to having mobile arms that can be operated through an electro-hydraulic system commanded from rods.
- 160 7. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in claim 1, characterized
to being equipped with mobile arms equipped of an universal bracket system to position the equipment (dumb-bells, bars etc);
8. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims,
165 characterized to having the possibility to apply an electronic switchboard to the commands of servomechanisms, that are able to memorize the different positions chosen by the athlete according to the type of exercises to be done.
- 170 9. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims,
characterized to being equipped of an adaptable foot rest of

dimensions such to guarantee the support and the lodging of the devices that activate the commands and to assure the support of the feet during the development of the exercise.

10. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims, characterized to having side panels for protection to guarantee the safety of passers-by who could unintentionally come into contact with the mechanical or pneumatic parts in movement.

11. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims, characterized to having side panels for protection of mechanical parts in movement, that can be used as support for advertising material.

12. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims, characterized to allowing the athlete more comfort as he can stay in the ideal position before, during and after the exercise thanks to the movement of the telescopic arms that actually pass the equipment at the beginning of the exercise and take the equipment in the same position at the end of the exercise.

13. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims, characterized to allowing the exercises, even with heavy weights to be done without the help of a second person.

14. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles*, as claimed in previous claims, characterized to guaranting more safety both actively and passively
200 during the exercises thanks to a less manual movement of the equipment.

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